

20-MINUTE CHICKEN CREOLE

From Stay Young at Heart: National Heart, Lung, and Blood Institute.

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

Ingredients

- Nonstick cooking spray (as needed)
- 4 medium chicken breast halves, skinned, boned and cut into 1-inch strips
- 1 (14 oz.) can tomatoes, chopped
- 1 cup low-sodium chili sauce
- 1 ½ cup green peppers, chopped (about 1 large)
- ½ cup celery, chopped
- ¼ cup onion, chopped
- 2 cloves minced garlic
- 1 Tbsp. fresh basil (or 1 tsp. dried)
- 1 Tbsp. fresh parsley (or 1 tsp. dried)
- ¼ tsp. crushed red pepper
- ¼ tsp. salt

Instructions

1. Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink.
Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
3. Serve over hot cooked brown rice or whole wheat pasta.

Tips:

- You can substitute 1 lb boneless, skinless, chicken breast, cut into 1-inch strips.
- To cut back on sodium, try low sodium canned tomatoes.

Makes 4 servings (Serving Size: 1½ cup)

Nutritional information per serving (4 servings)

Calories: 255

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 100 mg

Sodium: 465 mg



Wellness Center